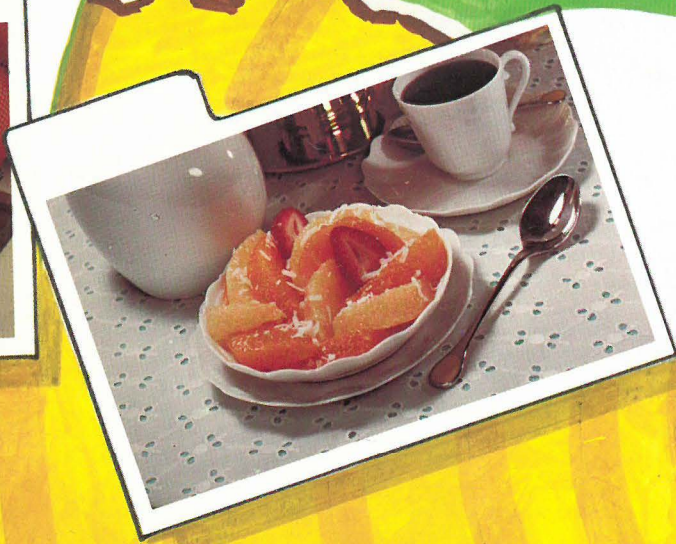
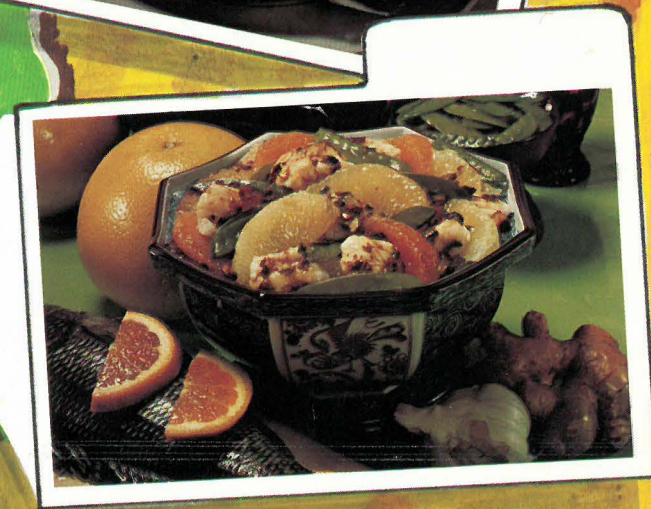
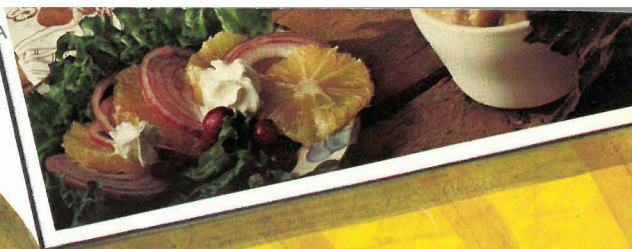


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FLORIDA



# CITRUS RECIPES FROM FLORIDA RESTAURANTS

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# INTRODUCTION

The citrus connection is the warm and wondrous taste of Florida. It's orange juice, the elixir that freshens a morning. It's a weary winter visitor's first splash of sunshine as a breakfast grapefruit spills its tangy goodness.

And to those in the state's restaurant industry it's also the sweet smell of success. The fragrance and flavor, the simmer and shimmer of Florida citrus adds exotic new heights to the foodstuffs of Florida.

Not even a mundane potato can escape its magic touch. At the posh Palm Beach Breakers, America's palace by the sea, Executive Chef Manfred Hacker creates a Citrus Glazed Baked Potato with a richness in flavor that rivals the area's wealth.

Klaus Friedenreich led the American team to victory in the 1982 International Culinary Olympics. His winning ways continue in his restaurant's famous popovers filled for an entree item with Chicken Hash Citrus Belt.

In fashionable Winter Park, Park Plaza Garden's Executive Chef Michael Orr sauces Florida's deep-water grouper with a delicate orange glaze.

Across Park Avenue, La Belle Verriere, a handsome restaurant studded with stunning Tiffany windows, Executive Chef Bill Fergoni dresses another Florida attraction with a lightly-scented orange sauce to create Shrimp La Belle.

Major Jarman, major domo of the Quality Inn at Cypress Gardens, recognizes the culinary value of Florida's resources with two fine citrus-enhanced specialties—a lush and creamy Orange Snapper Soup and his popular Crab and Shrimp Appetizer.

Citrus is at one with the elegance of Altamonte Springs award-winning Maison & Jardin as Chef Hans Spirig gives roast quail a bright new dimension with orange stuffing and orange-spiked sauce reduction.

In St. Petersburg Beach, Silas Dent's Executive Chef Thomas Manzi specializes in Seville with the magical quality of citrus juice 'cooking' Florida seafood to zippy perfection.

Tiny Lakes & Hills, nestled among the citrus groves in tiny Minneola, is known for its fabulous Grapefruit Pie.

Glamorous Palm-Aire Spa in Pompano Beach pampers its fitness-conscious guests with a warm citrus melange called Pampered Ambrosia.

Further south in North Miami at The Forge, Executive Chef Tony Hipp's citrus-aspic glaze makes tender veal medallions more tasteful and gleaming-bright as sunlight.

Back at the Gulf, a talented touch with citrus transforms roast pork into a Tahitian temptation for a celebration at Tampa Travelodge.

At Altamonte Springs' Orient IV, glistening Gold and Silver Treasure Fish is prepared in celebration of the Chinese New Year.

And so it goes across the state as canny chefs and restaurateurs incorporate citrus zest and purity of flavor to make it a state of the art. These recipes and the service have evolved over the years; will continue to change as they bloom into new delights. But always they symbolize Florida's golden triangle; citrus, hospitality and tourist industries, working together to stroke the nation's tastebuds.

Dorothy Chapman  
Food Editor  
Sentinel Star  
Orlando, Florida



## BATTERED CRAB AND SHRIMP

- 1 cup all-purpose flour
- ½ cup cornstarch
- 1 tablespoon baking powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon white pepper
- 1 cup water, at room temperature
- ¼ cup beer, at room temperature
- 3 tablespoons Worcestershire sauce
- 2 tablespoons salad oil
- 1 tablespoon cider vinegar
- ¼ teaspoon Tabasco sauce

In a large bowl, combine flour, cornstarch, baking powder, paprika, salt and pepper. Combine water, beer, Worcestershire, oil, vinegar and Tabasco sauce; stir into dry ingredients; stir just until blended. Dredge shrimp, crab claws, pork, chicken (or even alligator, as they do in Florida) in seasoned flour; shake off excess. Dip into batter. Deep fat fry at 375°F, until golden. Drain on absorbent toweling before serving. Serve with Orange Dipping Sauce Cypress Gardens\*.

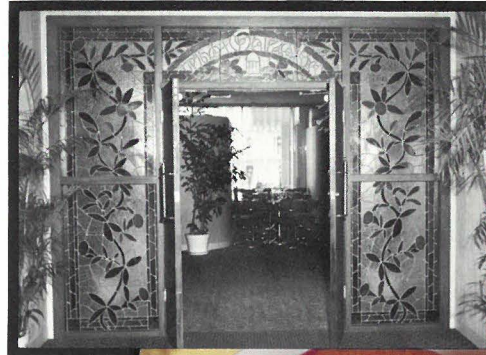
**YIELD:** Approximately 3 cups batter, enough for approximately 4 pounds seafood or meat.

### \*Orange Dipping Sauce

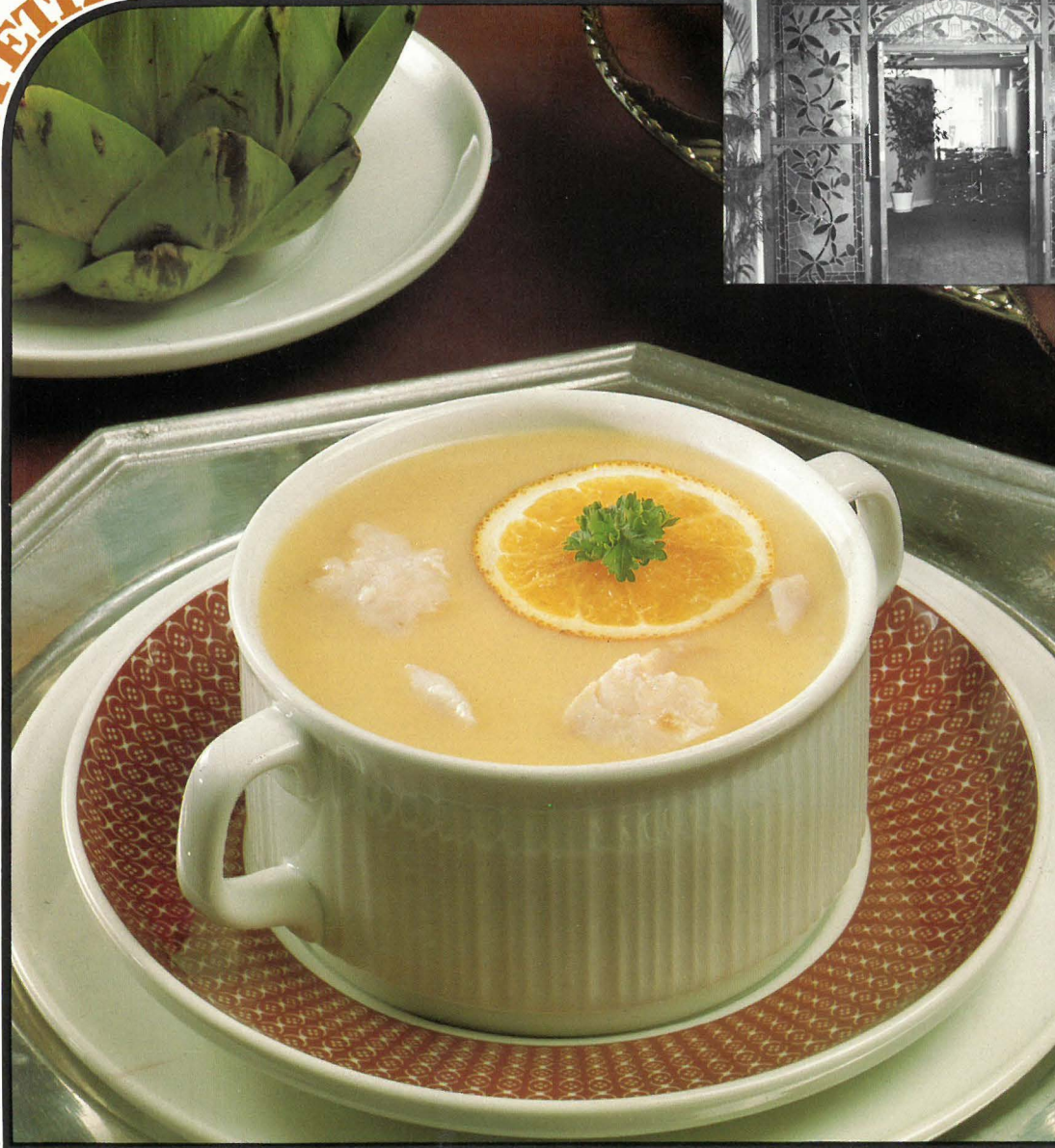
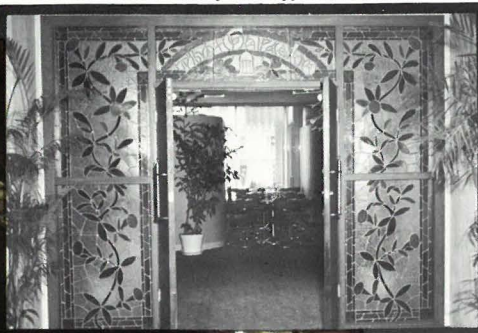
- 1 quart orange marmalade
- 1 can (12 ounces) Florida frozen concentrate orange juice, thawed, undiluted
- 2 cups processed horseradish
- ¼ cup lemon juice
- 2 tablespoons Worcestershire sauce

Combine all ingredients in bowl of electric mixer; beat on low speed 2 to 3 minutes. Chill well before serving.

**YIELD:** 1½ quarts.







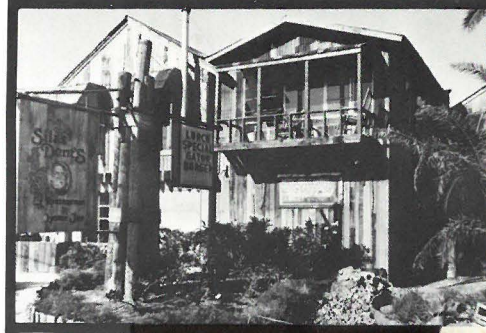
## ORANGE SNAPPER SOUP

- ¼ pound butter*
- 1 pound celery, minced*
- ¾ pound onion, minced*
- ½ pound carrot, minced*
- 1 gallon red snapper court bouillon (made from head and bones from filleted fish), heated*
- ¼ cup dry sherry*
- 1 teaspoon ground mace*
- 1 ground white pepper*
- ½ teaspoon cayenne pepper*
- 1 pint fresh ¼ Florida orange juice*
- 1 gallon thick cream sauce, heated*
- 5 pounds cooked, flaked red snapper*
- Florida orange segments*

Melt butter in large stockpot; saute celery, onion and carrot until clear. Add hot bouillon and bring to a boil. Add sherry, mace, white pepper and cayenne pepper; return to a boil. Keep hot. In another large pot, stir heated orange juice into hot cream sauce, stirring well. With wire whip, whisk orange cream mixture into hot stock, stirring constantly. Bring to a boil and add cooked red snapper. Reduce heat; simmer 1 hour, stirring often. Serve hot or cold garnished with orange segments, if desired.

YIELD: 50 8-ounce servings.



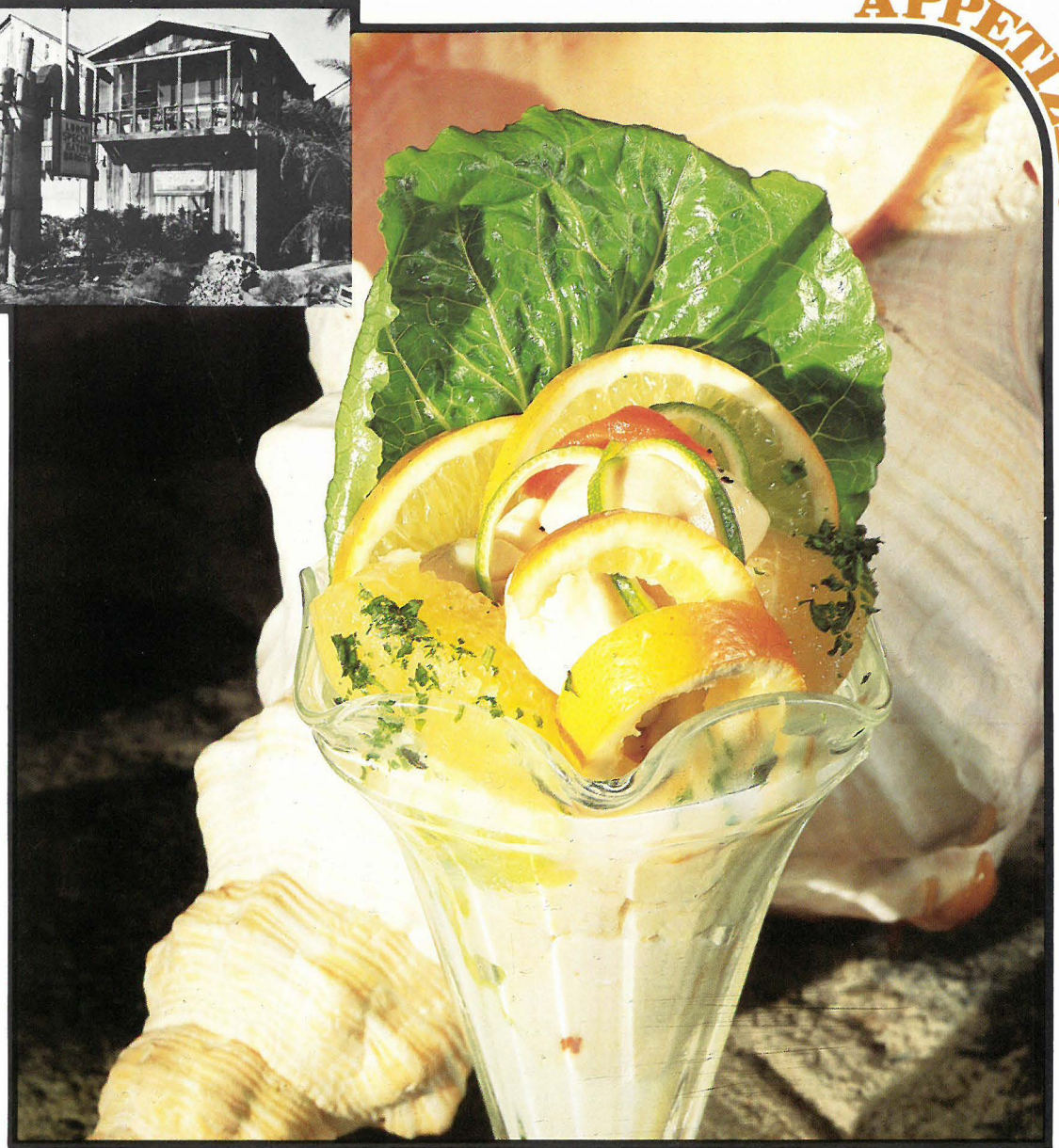


## CONCH AND SCALLOP SEVICHE

- 2 pounds conch*
- 2 pounds scallops*
- 1 1/2 cups lime juice*
- 3/4 cup Florida grapefruit juice*
- 3/4 cup Florida orange juice*
- 1/2 cup chopped onions*
- 2 cloves garlic, minced*
- 2 tablespoons Tabasco*
- 2 tablespoons Worcestershire*
- 2 tablespoons chopped parsley*
- 1/8 teaspoon oregano*
- 2 cups olive oil*

Pound conch with tenderizer and cut into half-inch strips. Combine with scallops. Combine marinade ingredients and toss with shellfish. Mixture must be marinated over 4 hours or more for maximum flavor.

YIELD: 10-12 servings.







## CLASSIC AMBROSIA

- 2 dozen Florida oranges, peeled, sliced and drained*
- Sugar, optional*
- 2 cups flaked coconut*
- Florida orange juice (reserved from drained slices)*

Cut orange slices in half. Remove any seeds. Alternate layers of slices, sugar and coconut, ending with coconut on top. Pour orange juice over all. Refrigerate overnight.  
YIELD: 25 servings.

## PAMPERED AMBROSIA

- 5 pints Florida orange sections*
- 5 pints Florida grapefruit sections*
- 5 pints fresh strawberries, hulled and cut in half*
- 1 cup shredded coconut*
- ¾ cup honey*

Combine all ingredients in hotel pan; toss lightly. Bake in a 300°F. oven 3 minutes until just warmed through. Serve warm.

YIELD: 25 servings.



## CHICKEN HASH CITRUS BELT

- 8 whole chickens, approximately 3 pounds each
- 4 pounds fresh broccoli
- 1 pound sliced mushrooms
- 8 ounces pimiento, drained, chopped
- 2 ¼ pounds butter, divided
- 2 pounds flour
- 1 gallon milk
- 2 tablespoons salt
- 2 teaspoons pepper
- ½ teaspoon ground nutmeg
- 4 teaspoons grated orange rind
- 10 Florida oranges, sliced (50 slices)

Poach chickens until tender; remove from stock. Cool. Reserve stock. Remove meat from chickens; cut into small pieces. Blanch broccoli in boiling water; coarsely chop. Saute mushrooms in ¼ pound butter. In hotel pan combine chicken, broccoli, mushrooms and pimiento; set aside. Melt remaining butter in saucepan; stir in flour. Cook several minutes. Gradually add milk, stirring constantly until sauce boils and thickens. Season with salt, pepper, nutmeg and orange rind. Combine sauce with chicken mixture. Spoon filling into 50 Orange Popover\* halves. Garnish with orange slices.

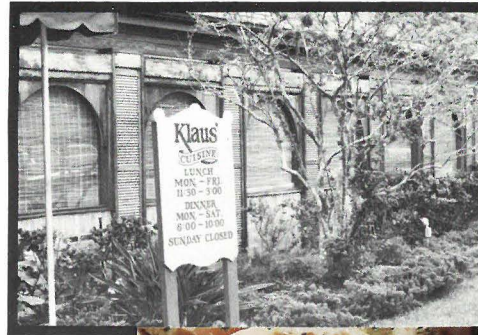
YIELD: 50 portions.

### \*Orange Popovers

- 12 eggs
- 3 cups milk
- 1 ½ cups Florida orange juice
- 2 tablespoons grated orange rind
- 1 ½ teaspoons salt
- 4 ½ cups all-purpose flour

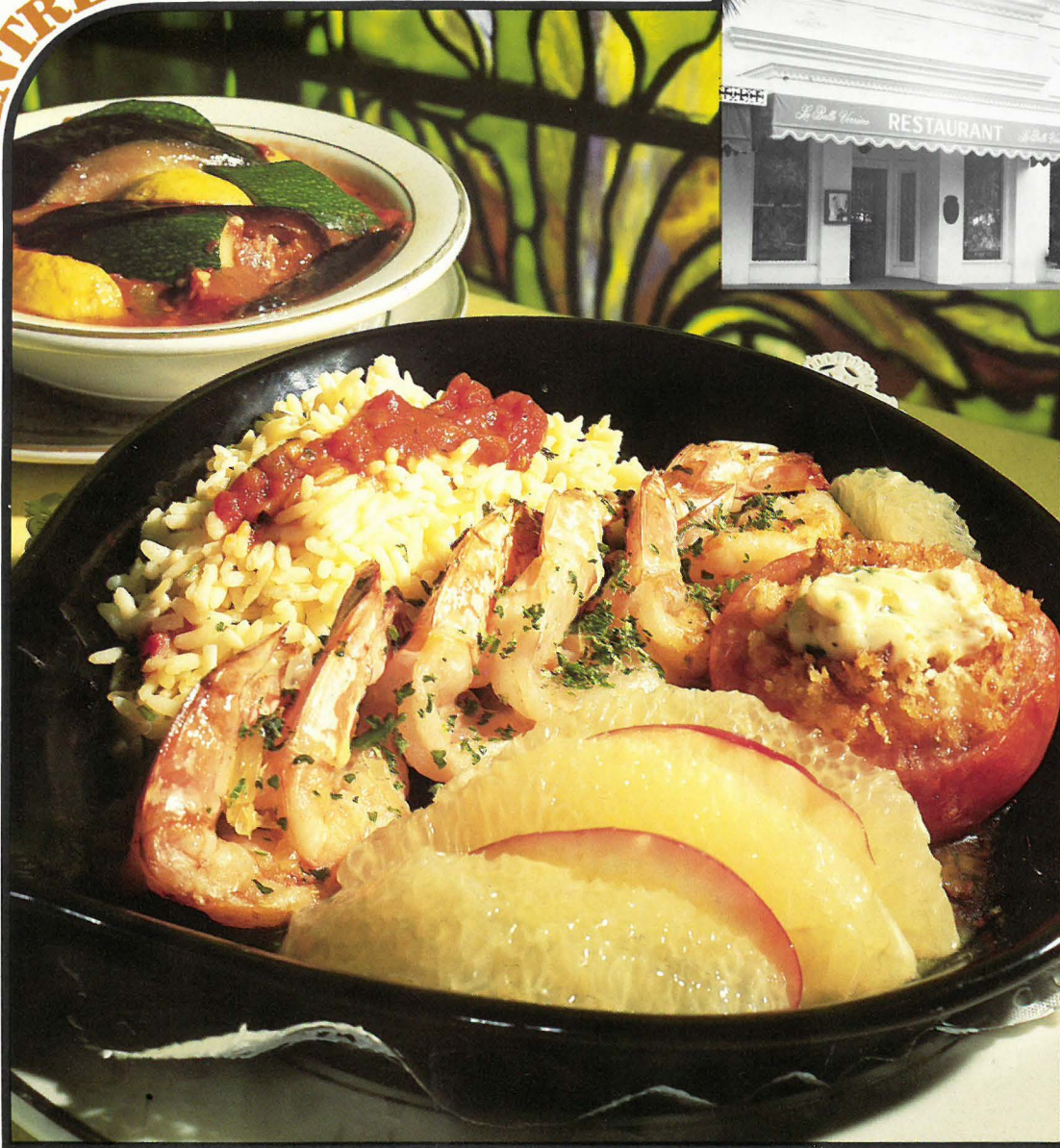
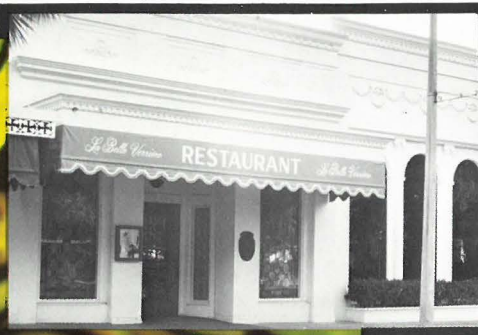
In large bowl of electric mixer combine eggs, milk, orange juice, orange rind and salt; mix at low speed until blended. Gradually add flour; mix at slow speed 10 minutes. (The mixture is best when prepared one day ahead and refrigerated.) Pour mixture into cold, greased (with shortening) and floured muffin cup pans (preferably heavy aluminum) to about ¾ full. Place in 450°F. oven for 20 minutes or until popovers are risen. Reduce heat to 300°F. and continue baking 30 to 35 minutes. These popovers can be made ahead, cooled on a rack and reheated in a 300°F. oven before serving.

YIELD: 25 to 28 large popovers.



BRUNCH





## SHRIMP LA BELLE

*1 pound butter, clarified  
5 cloves garlic, mashed  
10 pounds (16 per pound) shrimp, peeled,  
deveined, tail left on  
8 grapefruit, peeled and sectioned  
¼ pound butter, melted  
4 apples, cored,  
Chopped parsley*

In small saute' pan, lightly heat clarified butter with garlic (don't discolor by over heating); reserve. Arrange shrimp on sheet pan; baste with garlic butter. Broil until just under-done; remove from heat but keep warm. Place grapefruit sections on sheet pan, lightly coat each section with melted butter. Place in oven/salamander just to heat through; remove and keep warm.

To serve, use 6 shrimp per portion: arrange in single-service ceramic fry pan. Sprinkle with chopped parsley. Arrange 3 heated grapefruit sections with apple slice between each section on side of shrimp as garnish. Heat under salamander and serve immediately. May be served with risotto, mushroom topped tomato and vegetable melange. Sprinkle with chopped parsley.

YIELD: 25 portions.



## BAKED STUFFED QUAIL

- 2 frozen, boned quail
- Salt
- ½ shallot, chopped
- 1 ounce Florida orange juice
- 1 ounce red wine
- 1 ounce Orange Curacao
- 2 ounces butter, melted
- Salt
- Pepper
- 1 Florida orange, sliced
- Watercress
- Kumquats

Thaw and wash cavity and outside of quail. Salt cavity lightly. Fill cavity with Orange Stuffing\*. Bake stuffed quail in small saute pan in a 400°F. oven 20 minutes or until done. Remove quail from pan and keep in warm place. Add shallots to pan. Deglaze with orange juice, wine and liqueur. Reduce by half. Add butter and whip together. Season to taste with salt and pepper. Pour a small amount of sauce over each quail and serve additional sauce in a gooseneck on a doiled underliner. Garnish each quail with orange slices, watercress and kumquats.

YIELD: 1 serving.

### \*Orange Stuffing

- 2 cups cornbread, broken in large pieces
- 2 cups pulp of Florida oranges
- 1½ cups diced celery
- ½ cup diced onion, sauteed in butter
- 2 tablespoons grated orange rind
- 2 ounces chicken fat
- 2 eggs, lightly beaten
- ½ cup dry sherry
- ¼ teaspoon rubbed sage leaves
- Salt
- Pepper

In large bowl gently toss together cornbread, orange pulp, celery, sauteed onion and orange rind. With fork break the fat into small pieces and blend into cornbread mixture. Blend in eggs, sherry, sage and salt and pepper to taste.

YIELD: Approximately 2 pounds stuffing, enough for 16 to 20 quails.



ENTREE





## TAHITIAN ROAST PORK WITH CITRUS JADE GLAZE

*1½ cups Florida frozen concentrated orange juice,  
thawed, undiluted*

*1½ cups honey*

*½ cup chicken stock*

*½ cup soy sauce*

*½ cup vinegar*

*2 tablespoons grated Florida orange rind*

*2 tablespoons ground cinnamon*

*1 tablespoon crushed anise seed*

*20 pounds boneless pork roast*

In large bowl combine all ingredients except pork. Marinate pork in refrigerator several hours, turning often. Remove from marinade. Roast, brushing often with marinade during cooking. Strain and cover unused mixture and refrigerate.

YIELD: 4½ cups marinade.



## SNAPPER TAVARES

- 3 cups Florida orange juice
- ½ cup sugar
- Julienne of 3 Florida oranges
- 3 cups clarified butter, divided
- 1½ cups finely chopped shallots, divided
- 7½ pounds boned and skinned red snapper,  
cut into 24 five ounce filets
- 1 quart dry, white wine, divided
- 1 quart shrimp stock, divided
- 1½ pounds medium shrimp, peeled and deveined
- Roux
- 1 pint heavy cream, divided
- Salt and pepper
- Fresh Florida orange segments

Mix together orange juice, sugar and julienne of orange rind in saucepan and reduce over medium flame until one third its original volume (approximately 2-cup yield); set aside.

### TO PREPARE ONE PORTION:

In small saute pan with cover, melt 2 tablespoons butter; add 1 tablespoon chopped shallots and saute until transparent. Add snapper filet to pan; pour in 3 tablespoons each white wine and shrimp stock. Cover and poach several minutes. Add 2 shrimp to top of filet, cover and continue to poach 5 minutes or until fish flakes. Remove fish and shrimp to warm platter. Add 2 tablespoons roux to pan and whisk until smooth. Bring to boiling, add 1½ tablespoons heavy cream, 1½ tablespoons orange syrup, and salt and pepper to taste. Bring to boiling, simmer 1 minute, then top fish and shrimp with sauce. Garnish with orange segments. Serve hot.

YIELD: 24 portions.







## GOLD AND SILVER TREASURE FISH

- 1 teaspoon cornstarch*
- 1½ tablespoons soy sauce*
- 1½ tablespoons salad oil*
- 1 tablespoon sherry*
- 1 teaspoon sugar*
- ½ teaspoon salt*
- ¼ teaspoon pepper*
- 3 tablespoons chopped scallions*
- 1 clove garlic, minced*
- ½ teaspoon finely chopped pared ginger root, or ¼ teaspoon ground ginger*
- 1 cup Florida orange sections\* (about 4 oranges)*
- 1 cup Florida grapefruit sections\**
- 1 package (6 ounces) frozen snow peas, thawed and drained*
- 1 pound sea bass fillets, or other white fish fillets, cut in 1-inch cubes*

In large bowl blend cornstarch and soy sauce. Stir in remaining ingredients. Cover and marinate in refrigerator at least 1 hour. Turn into 2-quart baking dish. Bake in 425°F. oven 12 to 15 minutes, or until fish flakes easily when tested with a fork. Serve over rice, if desired.

**YIELD:** 4 servings.

**\*TO SECTION FLORIDA ORANGES AND GRAPEFRUIT:**  
Cut slice from top, then cut off peel in strips from top to bottom, cutting deep enough to remove white membrane. Or cut off peel round and round spiral fashion. Go over fruit again to remove any remaining white membrane. Cut along side of each dividing membrane from outside to middle of core. Remove section by section.





## VEAL TENDERLOIN

- ¼ cup butter or margarine*
- 12 three-ounce slices veal tenderloin*
- ¾ cup Florida orange juice*
- ⅓ cup orange liqueur*
- ½ teaspoon ground nutmeg*
- ¼ teaspoon ground allspice*
- Salt and pepper*
- 12 artichoke bottoms, cooked*
- Florida orange and grapefruit sections*

In large skillet, melt butter; saute veal lightly on both sides until golden. Remove from skillet and place in shallow pan. Add orange juice to skillet; simmer until reduced by half. Add orange liqueur, nutmeg, allspice, salt and pepper to taste. Bring to a boil; pour over tenderloins. Cool. Cover. Refrigerate. Serve chilled tenderloins on artichoke bottoms, garnished with orange and grapefruit sections. If desired, glaze each tenderloin with Orange-Beef Aspic\*. Chill before serving.  
YIELD: 12 servings.

### \*Orange-Beef Aspic

- ½ tablespoon unflavored gelatine*
- ½ cup beef stock*
- ¼ cup Florida orange juice*

In saucepan sprinkle gelatine over beef stock; let stand 1 minute. Add orange juice and mix well. Stir over low heat until gelatine dissolves. Remove from heat. Cool. Use to glaze tenderloins.  
YIELD: ¾ cup aspic.







## ORANGE BAKED POTATOES

- 12 medium potatoes
- ¼ cup butter
- 1 cup chopped onion
- 1 cup Florida frozen concentrated orange juice, thawed, undiluted
- ½ cup sour cream
- 1 tablespoon salt
- 2 teaspoons white pepper
- Florida orange segments

Scrub potatoes. Prick with a fork. Bake in a 425°F. oven 50 to 60 minutes until done. Cool slightly. Melt butter in skillet; saute onion 5 minutes. Remove from heat. Cut potatoes in half and scoop out pulp, being careful to leave the potato shell intact. In mixing bowl, lightly mix potato pulp with sauteed onions, orange juice concentrate, sour cream, salt and pepper. Spoon potato mixture into potato shells. Bake stuffed potatoes in a 375°F. oven 10 minutes. Garnish with orange sections. Brush with Orange Glaze\*; bake 10 minutes longer or until hot. Serve with duck, chicken, veal or pork.

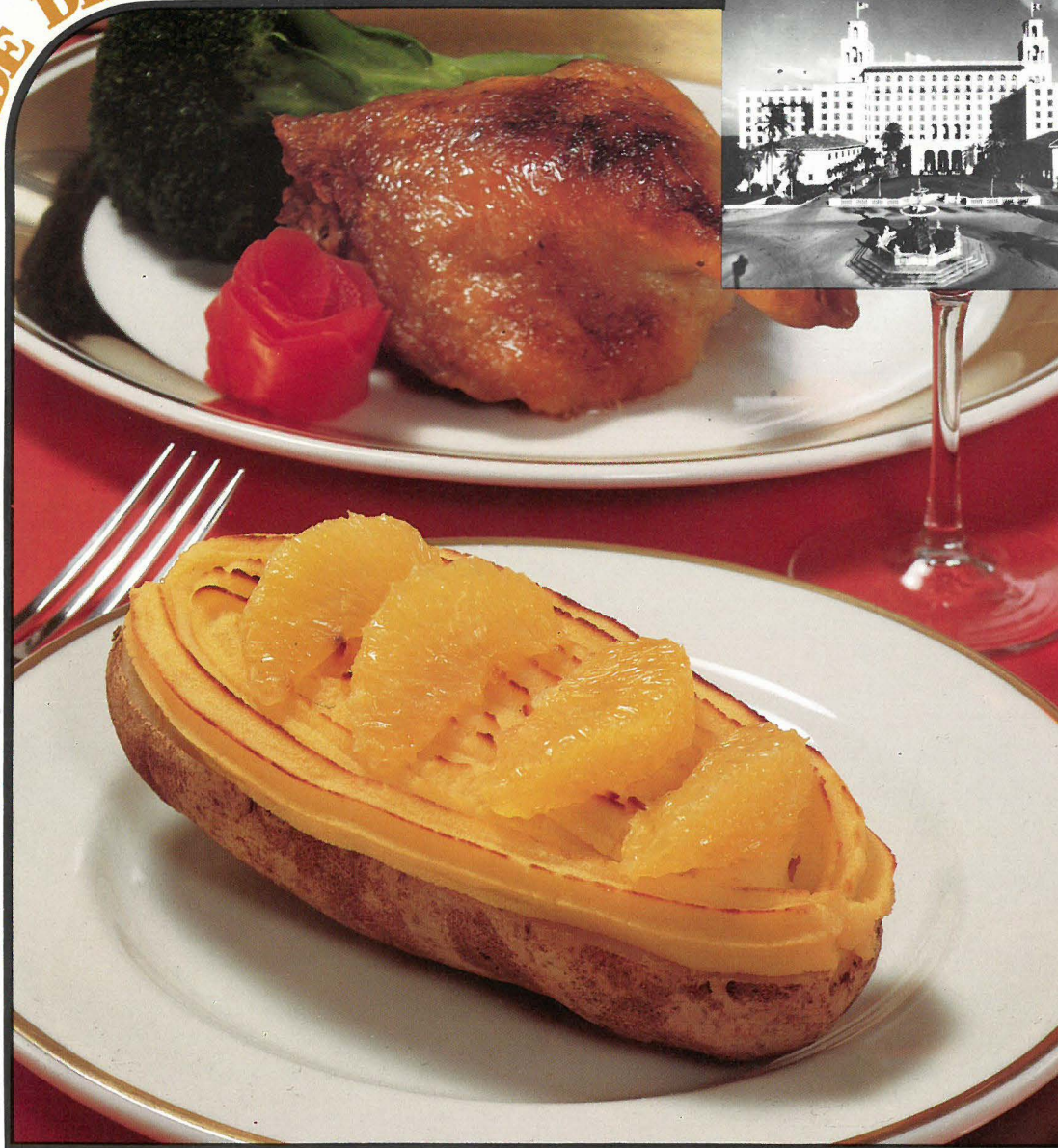
YIELD: 24 servings.

### \*Orange Glaze

- 1 cup Florida frozen concentrated orange juice, thawed, undiluted
- ½ cup honey
- 2 tablespoons cider vinegar

Combine ingredients in a saucepan, bring to boil. Reduce heat, simmer 10 minutes. Remove from heat and cool.

YIELD: 1½ cups glaze.



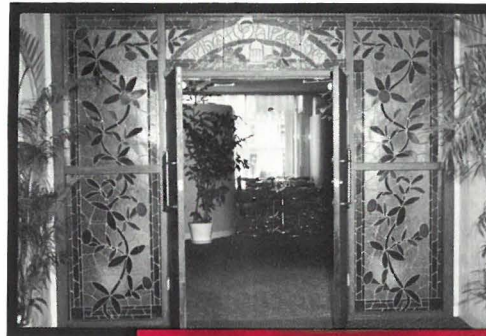


## GAZEBO SALAD

- 3½ pounds large, Kosher-style dill pickles*
- 1½ pounds onions, peeled*
- 1 pound chopped sweet red pepper*
- 3 cups olive oil*
- 1½ cups cider vinegar*
- 1 cup Florida frozen concentrated orange juice, thawed, undiluted*
- ¾ cup honey*
- 2 tablespoons garlic powder*
- 2 tablespoons Worcestershire sauce*
- 1½ tablespoons hot pepper sauce*
- Boston lettuce*
- Romaine lettuce*
- Watercress*
- Sliced mushroom caps*
- Florida orange sections*

Process or chop pickles and onions finely. In bowl of electric mixer combine pickle and onion with red pepper, oil, vinegar, orange juice concentrate, honey, garlic powder, Worcestershire and hot pepper sauce. Beat slowly in electric mixer 3 minutes. Chill. Serve on mixed salad made with Boston lettuce, romaine lettuce, watercress, mushrooms and orange sections.

YIELD: 1 gallon dressing.



SALAD







## SCAMP CITRUS

- 16 ounces clarified butter, divided
- 1 pint dry white wine
- 25 (8 ounces per portion) scamp filets  
(or other seasonal fresh white fish)
- Paprika
- 5 Florida oranges, grated rind and sections
- 24 ounces butter, softened
- 42 ounces light brown sugar, firmly packed
- 5 Florida grapefruit, peeled and sectioned

Lightly brush large sheet pan with 8 ounces clarified butter. Pour wine in sheet pan; evenly lay scamp filets in wine. Brush fish with remaining 8 ounces clarified butter; sprinkle each filet with paprika and two-thirds of grated orange rind. Broil until tender but moist. Meanwhile, in mixing bowl, beat together softened butter, brown sugar and remaining one-third grated orange rind. When fish is tender arrange 2 orange sections and 2 grapefruit sections alternately on each filet. Spoon 2 to 3 ounces brown sugar mixture over each filet. Return to broiler until butter melts and sugar begins to caramelize. Remove to heated plates. Serve immediately.

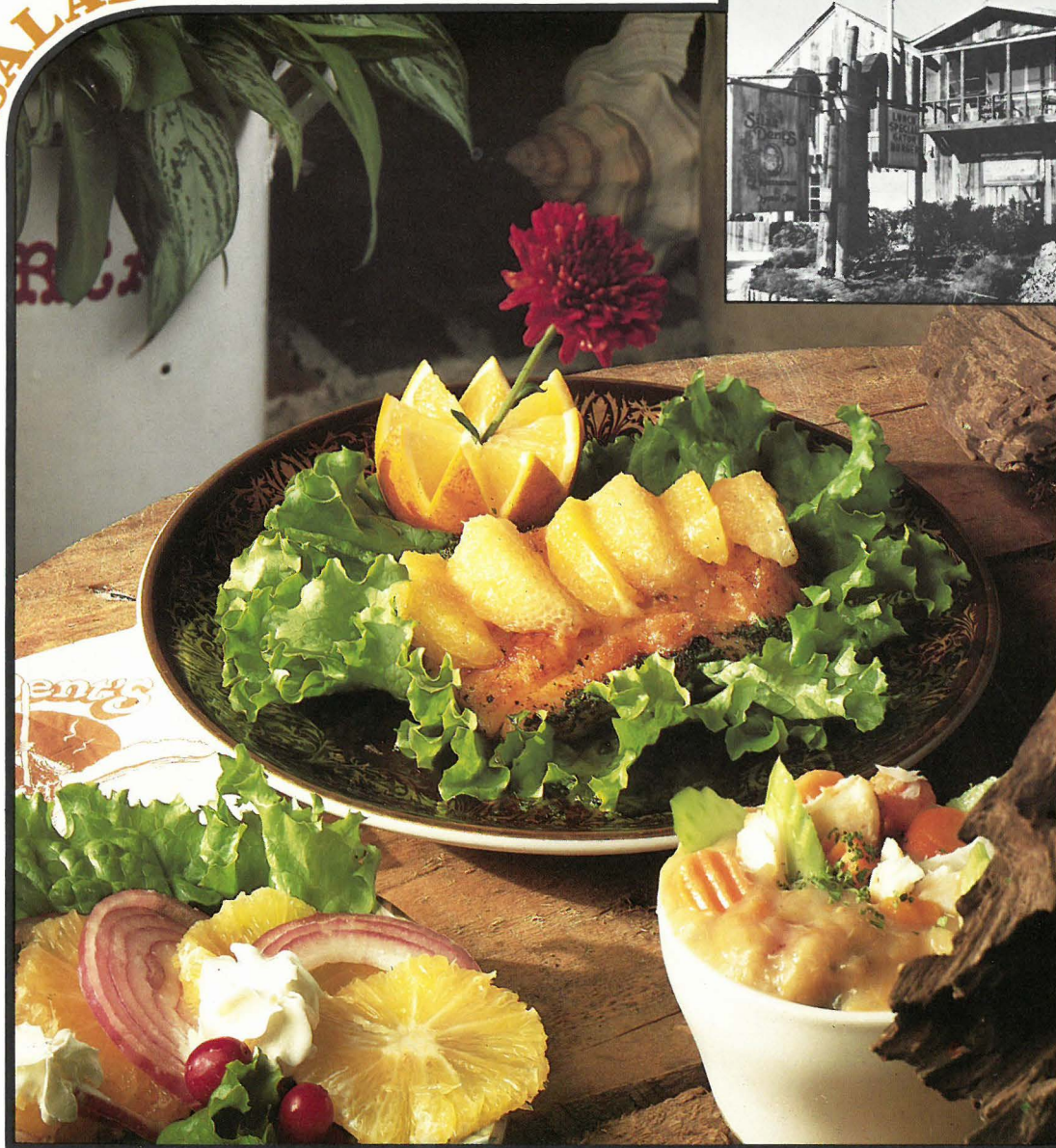
YIELD: 25 servings.

## SALAD DRESSING

- 1 quart heavy cream
- 1 pint sour cream
- ½ cup maple syrup
- ⅓ cup Florida frozen concentrated orange juice, thawed, undiluted

Combine all ingredients. Cover. Chill several hours. Serve with orange, red onion and cranberry salad.

YIELD: Approximately 3½ pints.







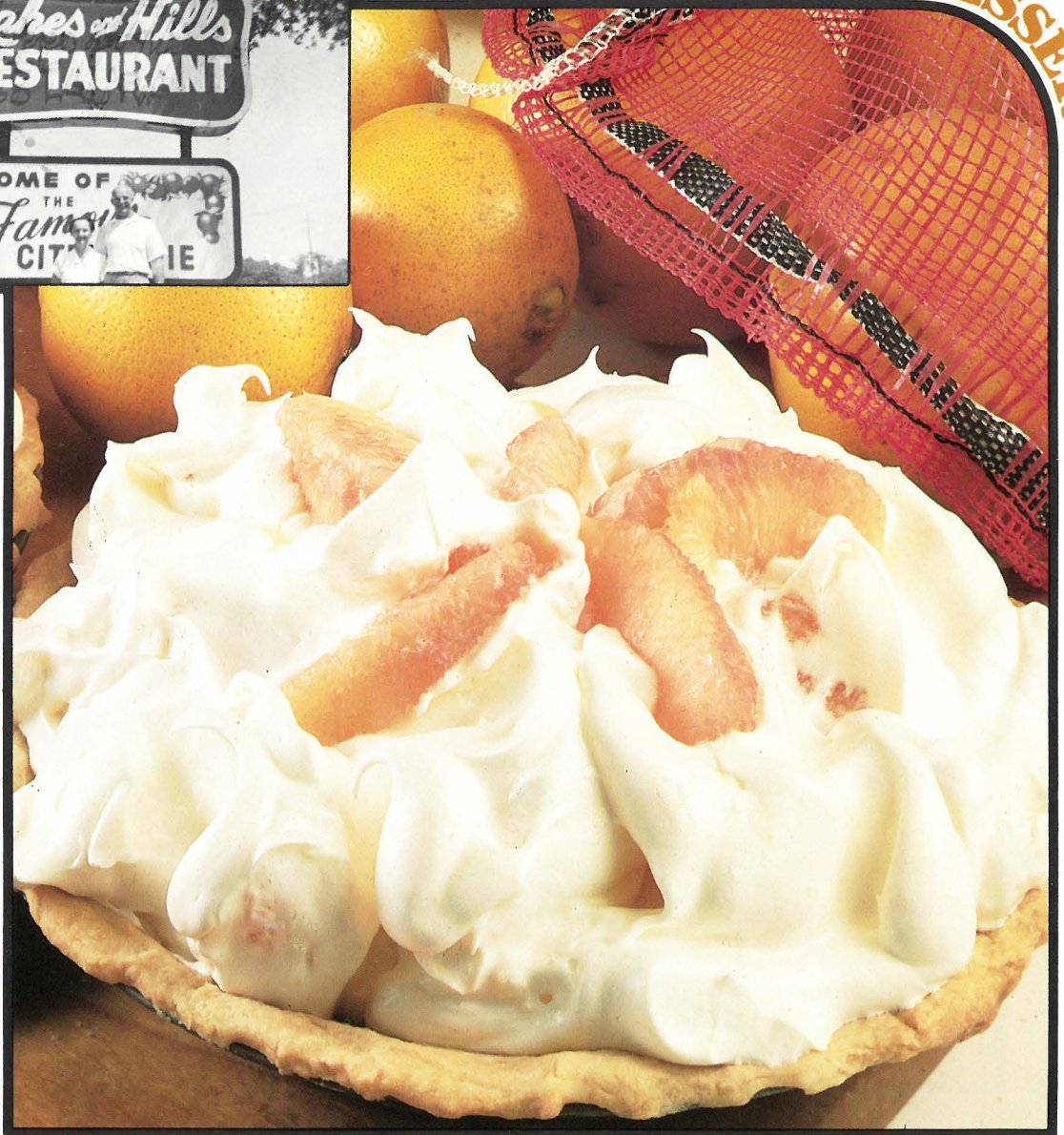
DESSERT

## **PINK SUNSET PARFAIT PIE**

- 6 baked pastry shells (9-inch)
- 6 tablespoons unflavored gelatine
- 1½ pints Florida pink grapefruit juice
- 3 quarts vanilla ice cream, melted
- 12 egg whites
- ¾ cup granulated sugar
- 3 quarts Florida pink grapefruit sections,  
cut in pieces
- Whipped cream

In a large saucepan, mix gelatine and grapefruit juice. Let stand several minutes. Stir over low heat; stir in ice cream. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. In large mixing bowl, beat egg whites until soft peaks form; gradually add sugar and beat until stiff. Fold into gelatine mixture. Fold in grapefruit sections. Turn into prepared crusts. Chill until firm. Garnish with whipped cream and additional pink grapefruit sections, if desired.

**YIELD:** Six 9-inch pies or 48 servings.





## **SPRING SPINACH SALAD**

*4½ pounds fresh spinach*  
*1 small bunch celery, chopped*  
*(approximately 1 quart)*  
*6 hearts of palm, chopped*  
*3 Florida oranges, peeled and sectioned*  
*3 Florida grapefruit, peeled and sectioned*  
*½ cup shredded coconut*  
*½ cup raisins*

Clean spinach carefully, insuring all sand is removed. Drain well. Remove stems and break leaves into large pieces. Mix together celery, hearts of palm, orange and grapefruit sections, coconut and raisins. Toss with Orange French Dressing\*.

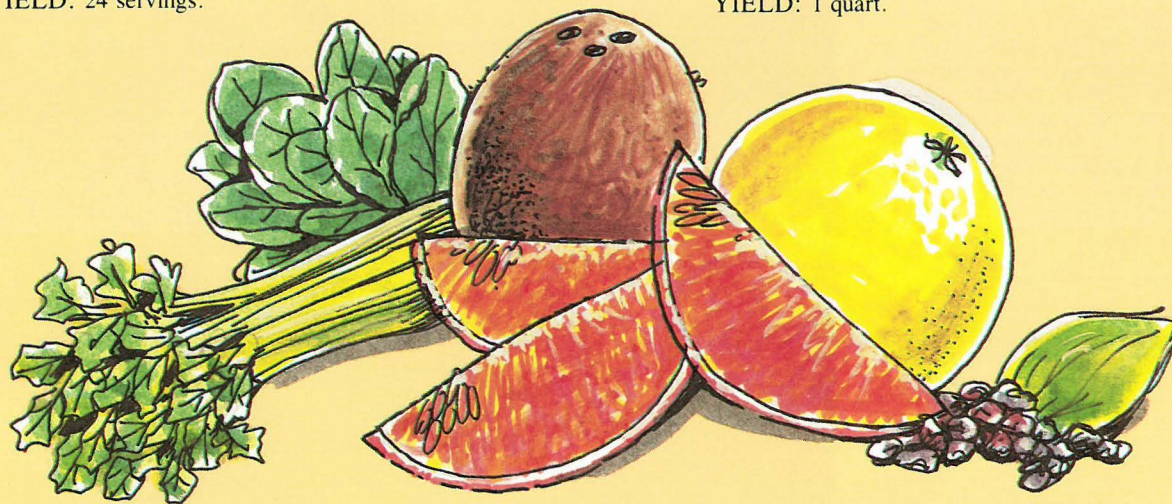
YIELD: 24 servings.

## **\*Orange French Dressing**

*½ cup sugar*  
*2 teaspoon salt*  
*2 teaspoon paprika*  
*2 teaspoon dry mustard*  
*1 cup freshly squeezed Florida*  
*orange juice*  
*1 cup fresh lemon juice*  
*1½ cups olive oil*  
*1 teaspoon celery seeds*

In mixing bowl combine sugar, salt, paprika and mustard. Add orange and lemon juice and beat well. Slowly pour in olive oil, beating constantly. Add celery seeds. Cover. Refrigerate until needed.

YIELD: 1 quart.





## RECIPES

Battered Crab and Shrimp/Orange Dipping Sauce  
 Orange Snapper Soup  
 Conch and Scallop Seviche  
 Classic Ambrosia/Pampered Ambrosia  
 Chicken Hash Citrus Belt/Orange Popovers  
 Shrimp La Belle  
 Baked Stuffed Quail/Orange Stuffing  
 Tahitian Roast Pork with Citrus Jade Glaze  
 Snapper Tavares  
 Gold and Silver Treasure Fish  
 Veal Tenderloin/Orange-Beef Aspic  
 Orange Baked Potatoes/Orange Glaze  
 Gazebo Salad  
 Scamp Citrus  
 Pink Sunset Parfait Pie  
 Spring Spinach Salad/Orange French Dressing

## RESTAURANT

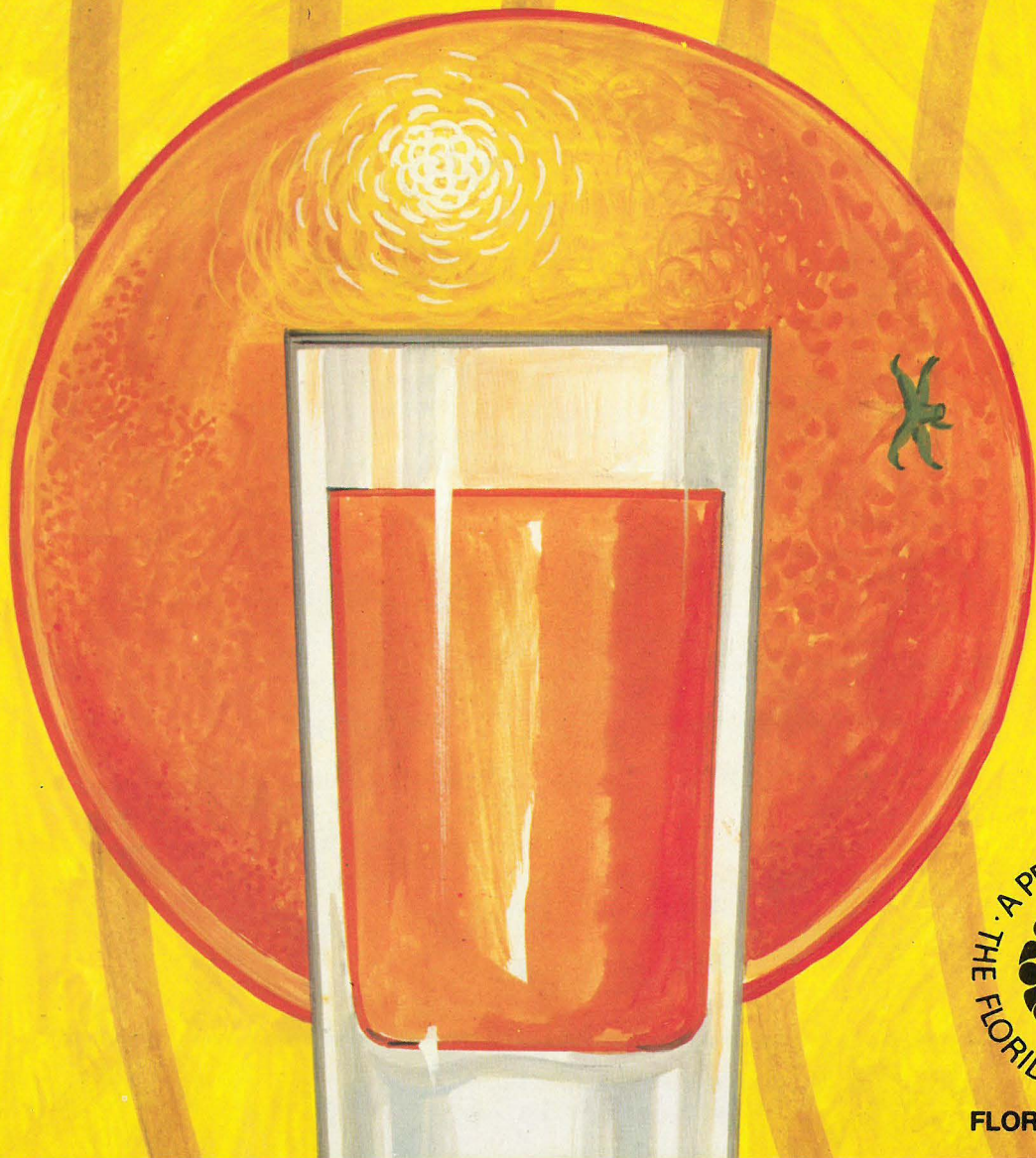
Gazebo Restaurant, Quality Inn, Cypress Gardens  
 Gazebo Restaurant, Quality Inn, Cypress Gardens  
 Silas Dent's, St. Petersburg Beach  
 Palm-Aire Spa, Pompano Beach  
 Klaus' Cuisine, Daytona Beach  
 La Belle Verriere, Winter Park  
 Maison & Jardin, Altamonte Springs  
 Travelodge, Tampa  
 Park Plaza Gardens, Winter Park  
 Orient IV, Altamonte Springs  
 The Forge, Miami Beach  
 The Breakers, Palm Beach  
 Gazebo Restaurant, Quality Inn, Cypress Gardens  
 Silas Dent's, St. Petersburg Beach  
 Lakes and Hills, Minneola  
 Maison & Jardin, Altamonte Springs

## PAGE

Page 1  
 Page 2  
 Page 3  
 Page 4  
 Page 5  
 Page 6  
 Page 7  
 Page 8  
 Page 9  
 Page 10  
 Page 11  
 Page 12  
 Page 13  
 Page 14  
 Page 15  
 Page 16



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FLORIDA DEPARTMENT OF CITRUS

